

Strickland (A.)

# CHOLERA,

ITS

SYMPTOMS

AND

TREATMENT.

BY

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## PALPITATION.

A violent and irregular action of the heart, accompanied generally with a feeling of faintness, and not unfrequently with giddiness, dimness of sight, flushing of the face, oppression of breathing, and other symptoms of impeded circulation. Palpitation may be caused by mental emotions as fear, surprise, etc. It is a frequent symptom of dyspepsia, attended with flatulence, and in nervous, irritable patients, and in organic diseases of the heart, or large blood-vessels. Dr. Strickland's Tonic will always give immediate relief. Keep the bowels in a regular condition by the use of Dr. Strickland's Anti-Bilious Pills. Constipation of the bowels always aggravates palpitation.

## HEARTBURN.

A hot, burning sensation at the pit of the stomach, attended with belching and discharge of sour fluid into the mouth. It is caused by acidity of stomach, and is a frequent symptom in dyspeptic cases, and also during pregnancy. The treatment consists in giving small quantities of alkaline medicines, etc. Dr. Strickland's Tonic contains an alkaline medicine; therefore, it will always afford the sufferer immediate relief. The bowels should be attended to by taking two or three of Dr. Strickland's Anti-Bilious Pills at bed-time.

## HEADACHE—NERVOUS HEADACHE.

Headache is one of the most common as well as troublesome affections. There are six different forms of headache, but we can not afford the space to treat of them separately.

**Nervous Headache** and **Sick Headache** are the two most common, and are of frequent occurrence among the sedentary and those deprived of a suitable quantity of out-door and healthful exercise. The symptoms are too well known by those suffering, and those who never have it do not care to know; therefore, as we have not the space to spare, we will as briefly as possible give the treatment, which consists in first cleansing out the stomach and bowels by means of a good dose of Dr. Strickland's Anti-Bilious Pills, which may perhaps require repeating. Three-fourths of the headache are caused by constipation of the bowels and foul stomachs. Anyone who has frequent attacks of nervous headache, should take Dr. Strickland's Tonic and Anti-Bilious Pills for about two or three weeks. That will effect a permanent cure.

## GIDDINESS

Is a symptom rather than a disease. The patient has a dimness of vision, and is unable to direct his motions, owing to the apparent unsteadiness of surrounding objects. Giddiness is not unfrequently the forerunner of serious disease of the brain, as apoplexy, etc., while in other instances it proceeds from a disordered state of the stomach as in sea-sickness, indigestion, and at other times it is mere nervous affection, as when caused by mental emotions.

# H Y G I E N E.

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This title is applied to that branch of therapeutics which treats of the sick, etc. It consists of the investigation of those circumstances which tend to the promotion or preservation of health, and is a subject of much importance, and extensive interest, more especially so at the present time, when we are threatened with the worst of all epidemics—CHOLERA. It is obvious that by a complete acquaintance with the causes of disease, we learn the most effectually to guard against them, and that it is by a due regulation of air, exercise, diet, and other circumstances that we are to produce such a vigorous state of the constitution as renders the body most capable of performing its functions, and the less liable to morbid or diseased actions of various kinds. The subjects of this branch of science are in their nature those which appertain to the general management of the sick, and the regulation of their diet, and other matters usually comprehended under the term regimen, and likewise those observances which individuals in a state of health adopt for their own governance; or, in other words, those sanitary rules which a man has been enabled to deduce from his own personal experience or adopt on the recommendation of others as conducive to the preservation of his health. Under this head should also be included the subjects of climate, exercise, food, clothing, cleanliness, and other such matters. What is usually termed medical police, is likewise included in this department. By medical police, is understood the application of legislation to relieve the physical necessities, extend the physical comforts, and improve the physical condition of the human race, and constitutes an important part in the science of government. To be enabled to do this, it is evident the legislature ought to know something of the constitution of the human frame, of its capabilities of improvement, of its liabilities to deterioration, and of the agents producing both these results. But if this knowledge be so necessary to the legislature, how pre-eminently more so to the medical man, and yet few subjects in the present day are less known to the great bulk of the profession. When, therefore, called upon to give evidence on subjects connected with public health, it not unfrequently appears that they had only thought of it for the first time when before the committee of inquiry, and by their replies afforded evidence of their almost entire ignorance of the subject. This is indeed no libel. While speaking on this subject, we may as well state that there never was a time when a board of health was more needed than at the present time to devise means for preventing and checking the ravages of cholera, and not leave it until it is too late, as is often the case in epidemics.

The elementary principles of medical police are, indeed, derived from the aggregate evidence afforded by the observation of individual facts. Yet, these once obtained, the most satisfactory and conclusive evidence of their correctness is to be found in the observation of the influence of physical agents on large communities and in extensive districts. The observances of hygiene, as to food, drink, air, exercise, rest, sleep, exertions, retentions and passions of the mind, were known from the time of Galen up to a period scarcely gone by, by the absurd name of "non-naturals," and much attention was paid to these matters long prior to the time of Galen, as is exemplified in

the writings of Hippocrates. The Greek physicians knew very well that the greater number of diseases arose either from some error in diet, casual or habitual; some effluvium or vicissitudes of the atmosphere; some over-exertion or fatigue, or from certain secretions suppressed, or excretions retained; or, lastly, from some violent emotion of the mind; and that the first step in checking the disease, was by removing the cause of it. It was in keeping these facts in view, and sedulously putting them in practice as therapeutic agents, that the Greek physicians principally excelled. With what other object did they so much cultivate the athletic exercises of the gymnasium, or use frictions with an almost religious punctuality, or resort daily to their baths to the *Thermæ* and *Sadotoria*? Indeed, every wise and provident government adopts or enforces certain regulations or enactments for the health of the whole community. Of this description are all those enactments relating to public sewers and public nuisances—as the accumulation of filth, the laws of quarantine, the plentiful supply of wholesome water, and the establishment of hospitals and other such institutions. Thousands of patients are now daily sent back to society from the healing hands of the physician, who would, but for the establishments of hospitals, have been allowed to pass uncared-for to the grave. Happily, in this country, private Christian philanthropy has superseded the necessity of government interference in the erection, support or management of hospitals, asylums, etc.

In the course of this work there will be found some useful hints on the subject of diet.

The establishment of gardens in the vicinity of great cities, for the benefit of mechanics and their families—the construction of proper habitations for the same class—this is particularly needed in the city of Cincinnati—if only to relieve the misery existing in Bucktown. Also, the erection of public places of convenience, of which there is a great deficiency in many towns, particularly in the West—not even one, to my knowledge, in the large city of Cincinnati; the erection of public baths, and what is certainly needed very badly in Cincinnati and perhaps in most towns, a more systematic plan of cleansing the streets. These are a few measures which, particularly at this time, when Cholera is so dreaded and daily expected, merit the attention of the legislature and the public. In fact, it behooves everybody to look out for themselves; let each cleanse their own house, yard, cellar, alley, etc. Plenty of lime should be used. It is useless one waiting for the other, or all waiting for the mayor or corporations. Act individually and immediately; then the public authorities will begin to issue their proclamations. It would be a good plan for the people to hold meetings in every town, and adopt some measures to prevent the cholera, or the increase of it, should it come. But now is the time to do so: proper remedies should be selected and recommended to be kept in readiness, and each person should be supplied with one of these pamphlets, or something from which they may learn what to do in case of being attacked. Dr. Strickland's Anti-Cholera Mixture is the best remedy that can be used for cholera, diarrhoea and bowel complaints. Dr. S. is not only willing, but invites the medical profession to examine his recipe for his Anti-Cholera Mixture; and they will be convinced that a better, safer, or surer medicine can not be prepared for general use. Dr. Strickland's Anti-Cholera Mixture is a preparation of absorbents, astringents, stimulants, sedatives and



carminatives; these are so compounded, and mixed in such a way, that it has the very best effect in immediately relieving any attack of cholera or diarrhoea. This is a preparation which has been well tested, and having proved successful, I conscientiously recommend it to the public, and those who value their lives will not be without it. And it is foolish to wait: for, in the years 1849 and 1854, in England, many people then ran to the druggists in a hurry to get it, but very often it was not to be found, because of the great demand. It could not be supplied fast enough.

#### CHOLERA—Malignant or Asiatic Cholera.

This formidable disease is generally ushered in by premonitory diarrhoea, or looseness of the bowels for a day or two previous to the attack, though in some instances the patients are struck down at once. When the disease has fairly set in, the evacuations by vomiting and stool are almost continual, the stools being no longer feculent but consisting of a fluid like rice water, with a peculiar foetid smell. There is a sense of coldness in the abdomen, accompanied by cramps in the bowels, and violent continual pain in the epigastrium. There is great prostration of strength, the surface is cold and covered with a clammy sweat, the countenance is shrunk, cold, and of a leaden or bluish color, the eyes are sunk and surrounded by a dark circle, the nails are blue, and the fingers and toes cold and shrivelled, the pulse is weak, often almost imperceptible, the respiration oppressed, the voice weak and hoarse, the tongue pale and flabby. There is great restlessness and continued moaning, cramps or spasms commencing in the toes and fingers, now begin to increase in violence so as to cause tetanic convulsions. In some cases, the vomiting and purging increase, the patient gradually continuing to sink. The various secretions, as the saliva, urine, etc., are generally entirely suppressed almost from the commencement, gradually the patient becomes insensible or comatose. The teeth become covered with a dark crust, and death generally takes place in from six to twenty-four hours from the commencement of the attack. The symptoms are more favorable where the vomiting and cramps diminish, where the stools become of a bilious character, where the secretion of urine is re-established, and where the pulse and temperature of the skin begin to rise.

**Treatment.**—The remedies employed have been numerous; indeed, there are few remedies in medicine which have not been tried in different cases and in different countries, and all with little or no effect until the years 1849 and 1854, when **Dr. Strickland's Celebrated Anti-Cholera Mixture** became so popular, and caused quite a sensation in the medical profession, after being tried in London in a great many cases in the above named years with such remarkable success that it was prescribed by all the leading medical men in Europe, who acknowledged through the public press that it proved successful in seventy-five per cent. in all cases where it was used in time, and Dr. Strickland challenges the world to produce a remedy for CHOLERA and Diarrhoea superior to his Anti-Cholera Mixture. This preparation is recommended to the public by Dr. Strickland as a safe-guard to be kept in the house ready for use. If, then, any in the family are attacked with any of the symptoms, you have something to administer at the commencement of the disease, for generally by the time a physician arrives, which is often a long time, the case has

made such progress that it is difficult to do much for the patient—in other words, all that can be done in a case of Asiatic Cholera must be done immediately the attack comes on, Dr. S. does not wish to be understood that a physician is not to be sent for. He would advise that being done in every case. In many cases, the attack is so severe and sudden, it is often too late to go even to a druggist's and procure medicine, hence the necessity of keeping ready for use such medicines as are valuable in such cases, for many persons have been saved by the timely use of a few doses of this remedy; therefore, the safest way is to keep at least two bottles of this preparation in the house; also, some good brandy, plenty of good mustard, and some strong camphor mixture, some laudanum, and six pills, which can be procured at any drug store, made according to the following formula: Opium, two grains; Cayenne Pepper, one grain; Camphor, one grain; Calomel, two grains. They will not cost much, and will perhaps save the lives of some of your dearest friends. The following plan is a simple and safe course to follow; therefore, keep this pamphlet, and read it over until you can remember it; also read it to your neighbors, so that should a case of Cholera make its appearance you will be somewhat acquainted with the most alarming symptoms, and instead of being frightened and not knowing what to do, you can perhaps do as much as a doctor. Cholera comes as a thief in the night, when no man expects it; therefore, immediately prepare for it. As soon as a person is attacked, give them one of the above pills and a dose of Dr. Strickland's Anti-Cholera Mixture every hour, or if the bowels are very loose the Mixture may be given much more frequently, say a dose every fifteen minutes. Apply a large mustard poultice over the region of the stomach. If the purging continues violent, an injection of starch and laudanum may be administered. Drinks should be given very sparingly, and the best is thin gum water, a tablespoonful being given only at a time. If the cramps become more violent, or the patient begins to sink, stimulants, such as ether and laudanum, brandy and water, strong camphor mixture combined with sweet spirits of nitre, must be given, and warm turpentine frictions employed, but by all means give the Anti-Cholera Mixture frequently. In very bad cases, the dose may be doubled. Of course, in infants and young children, the doses above recommended, except the calomel, must be divided two or three times, according to the age of the patient. The above doses are suitable for all persons over fourteen years of age. When reaction takes place, it should always be borne in mind that the patient's constitution has received a great shock; therefore, great care must be taken. If the febrile or fever symptoms run high, gentle laxatives, such as castor oil. The after treatment requires the attention of the state of the bowels and digestive organs, and a flannel bandage should be worn for some time around the belly. If people would be careful and take a dose or two of Dr. Strickland's Anti-Bilious Pills now and then to keep their bowels and liver in a regular condition, they would be less susceptible to cholera and other epidemics. It should be borne in mind that to make a great change in your customary diet, such as abstaining from vegetables, fruits, etc., is just making yourselves so much the more susceptible to take cholera and other epidemics. I advise every one to take their usual diet, but let it be of good quality and light in quantity, and take good care that the

bowels are open about twice each day. A dose of Dr. Strickland's Vegetable Anti-Bilious Pills will act nicely on the stomach, liver and bowels.

We have already given directions for the treatment of cholera, but as the subject is highly important to the domestic practitioner, as he may be called on to act in the absence of professional assistance, for these cases admit of no delay in the application of remedial measures. We shall recapitulate the principal remedies to be used, and the rules to be attended to. The first step to be taken is to use the Pills and Anti-Cholera Mixture to arrest the diarrhœa. Apply mustard poultices and hot turpentine frictions to the pit of the stomach. By prompt attention, every case, if taken in time, will be met successfully by this treatment. When the attack is more violent, and colic pains, cramps, purging and vomiting, then the Anti-Cholera Mixture and Pills must be given very frequently (there is no danger of giving too much while the case is bad). The injection of laudanum and starch may be used several times if the purging continues, and the laudanum increased. Strong mustard poultices, not only to the pit of the stomach, but also to the soles of the feet and calves of the legs. This is more than ever needed when the patient appears to be sinking or collapsed. Then frequent doses of brandy and the stimulants above mentioned, and bottles of hot water to the feet, etc., not forgetting to work hard with the hot turpentine frictions. I have seen wonderful cures made by persevering for some considerable time with this course. There is generally a disagreeable odor when the case is about to terminate fatally, but in these cases, while there is life there is hope; therefore, never give up your exertions until death takes place. It is as well here to caution the attendants in these cases not to take any notice of the patient asking you to let him alone, that he is going to die, and such like, for I have seen many cases where the friends of the patient were even willing to desist from their labors, and found them sitting watching and expecting the patient to die, when they have been roused and set to work, and in a few hours the patient has been out of danger. Therefore, never give up. Drunkards I found more susceptible to cholera than any other class of persons. Therefore, drunkards, beware.

The following letter from Rev. Cyrus Hamlin, who has been for many years a resident in Constantinople, as a missionary of the American Board of Commissioners for Foreign Missions, appears in the *Christian Mirror*. It contains some useful hints.

\* \* "Having been providentially compelled to have a good degree of practical acquaintance with it, and to see it in all its forms and stages during each of its invasions of Constantinople, I wish to make my friends in Maine some suggestions, which may relieve anxiety or be of practical use:

"*First.* On the approach of the cholera, every family should be prepared to treat it without waiting for a physician. It does its work so expeditiously, that while you are waiting for the doctor it is done.

"*Second.* If you prepare for it, it will not come. I think that there is no disease which may be avoided with so much certainty as the cholera. But providential circumstances, or the thoughtless indiscretion of some member of a household may invite the attack, and the challenge will never be refused. It will probably be made in the night, your physician has been called in another direction, and you must treat the case yourself or it will prove fatal

"*Third. CAUSES OF ATTACK.*—I have personally investigated at least a hundred cases, and not less than three-fourths could be traced directly to improper diet, or to intoxicating drinks, or both united. Of the remainder, suppressed perspiration would comprise a large number. A strong, healthy, temperate laboring man had a severe attack of the cholera, and after the danger had passed I was curious to ascertain the cause. He had been cautious and prudent in his diet; he used nothing intoxicating; his residence was in a good locality; but after some hours of hard labor and very profuse perspiration, he had lain down to take his customary noon nap, right against an open window, through which a very refreshing breeze was blowing. Another cause is drinking largely of cold water when hot and thirsty. Great fatigue, great anxiety, fright, fear, all figure among inciting causes. If one can avoid all these, he is as safe from the cholera as from being swept away by a comet.

"*Fourth. SYMPTOMS OF AN ATTACK.*—While cholera is prevalent in a place, almost every one experiences more or less disturbance of digestion. It is, doubtless, in part imaginary. Every one notices the slightest variation of feeling, and this gives an importance to mere trifles. There is often a slight nausea, or transient pains, or rumbling sounds, when no attack follows. No one is entirely free from these. But when a diarrhœa commences, though painless and slight, it is in reality the skirmishing party of the advancing column. It will have at first no single characteristic of the Asiatic cholera. But do not be deceived. It is the cholera nevertheless. Wait a little; give it time to get hold; say to yourself, 'I feel perfectly well; it will pass off,' and in a short time you will repent of your folly in vain. I have seen many a one commit suicide in this way.

"Sometimes, though rarely, the attack commences with vomiting. But in whatever way it commences, it is sure to hold on. In a very few hours, the patient may sink into the collapse. The hands and feet become purplish; the countenance, at first nervous and anxious, becomes gloomy and apathetic, although a mental restlessness and raging thirst torment the sufferer, while the powers of life are ebbing. The intellect remains clear, but all the social and moral feelings seem wonderfully to collapse with the physical powers. The patient knows he is to die, but cares not a snap about it.

"In some cases, though rarely, the diarrhœa continues for a day or two, and the foolish person keeps about, then suddenly sinks, sends for a physician, and before he arrives 'dies as the fool dieth.'"

### ENGLISH CHOLERA.

This form of cholera is most common in the warm weather or autumn. It frequently arises from acrid matter taken into the stomach as excess in fruits, vegetables, fish, etc. The symptoms of this form are pain and distension of abdomen, heat of skin, and restlessness, attended with nausea. This is soon followed by violent vomiting and purging of bilious matter, the pulse becomes small and unequal, and there is great thirst, and the extremities are cold. In violent cases, there are spasms, or even universal convulsions of the body, also hiccups, and death has taken place not unfrequently within twenty-four hours. As this form of cholera depends either on the presence of vitiated bile, or some other acrid matter, in the intestinal canal, the evacuation must naturally be our first object. The best remedy for allaying the vomiting so as to allow of the exhibition of other remedies, is small quantities of effervescing mixture, such as a little carbonate of soda and tartaric acid mixed in a little water. This should be followed by a good dose of Dr. Strickland's Anti-Bilious Pills, which should be dissolved in a lit-

the sugar that they may operate quickly. Apply a mustard poultice or hot turpentine cloths over the abdomen. When the Pills have operated, commence taking Dr. Strickland's Anti-Cholera Mixture according to the directions on the bottle till the purging is checked. If the pain is very severe, add five drops of laudanum to each dose of the Anti-Cholera Mixture. A few doses will soon relieve. Should the symptoms increase in severity, and hiccups and other symptoms of sinking supervene, then stimulants, such as ether, laudanum, camphor mixture, or brandy in small quantities should be given. When the disease has been checked, great care must be taken in regard to the after treatment. For some time, the diet should be light and unstimulating, the bowels should at all times be kept gently open, and bitter tonics, such as Dr. Strickland's Tonic, should be administered. Many cases of this kind of cholera have been mistaken for Asiatic Cholera.

### DIARRHOEA.

This term is used to express looseness of the bowels or frequent loose stools, and is a symptom rather than a disease, for it depends upon some irritation of the stomach or bowels, which may arise from various causes—the most general being cold, indigestible food, acid fruits or drinks, or acidity of the stomach. Arising from any cause, or a vitiated state of that secretion, and not unfrequently from hardened feces in the bowels, as in those who have suffered from constipation, it may also and frequently does arise from inflammation of the mucous membrane of the intestines. Diarrhoea consists in frequent watery motions from the bowels, which are generally fetid and containing portions of undigested food, hardened feculent matter, etc., preceded by rumbling in the bowels, and sharp, griping pains. The treatment may be conducted thus: As soon as there are any symptoms of diarrhoea, take a dose of Dr. Strickland's Anti-Bilious Pills. After they have operated, take the Anti-Cholera Mixture according to the directions on the bottle. The diet should be light, as thin arrowroot or a little rice milk slightly heated and one or two tablespoonsful of limewater added. It is a good plan to wear a flannel bandage round the abdomen for a few days afterward.

### PILES, OR HEMORRHOIDS.

These are small purple-colored tumors, situated around the anus; or rather, they form a chain of tubercles, disposed in a circle, either without or within the anus. They have long been known by the name of external and internal piles, and, by some, blind and bleeding piles.

So long as these tumors have not degenerated in their structure—so long as they do not give rise to great discharges of blood, or to abundant discharges of sero-purulent fluid, throwing the patient into a state of profound anemia or flatulence, the excision or cutting off these bodies is not advisable to remedy the inconveniences to which they give rise. Antiphlogistic and mild treatment frequently dissipate them; such, for example, as keeping the bowels in a moist, easy state, by small doses of Dr. Strickland's Anti-Bilious Pills and a free application of Dr. Strickland's Pile Remedy. It will likewise be found very useful to sit over the steam of warm water while at stool, and keep the parts very clean.



In many cases they are more obstinate. The two varieties—external and internal piles—sometimes present themselves in the same patient. Individuals afflicted with the latter species (internal), walk with difficulty. Arrested every now and then by the severity of their pains, they may be seen either to carry their hand to the part affected, or sitting down on a post or stone, in order to make the piles re-enter the anus. This expedient affords a temporary relief. More or less reduced by the abundance and frequency of the hemorrhage, or the sero-purulent matter, the patients become thin, their skin is pale, and they have the appearance of persons worn down by exhaustion and disease. They often fall into a state of sadness, and even of profound melancholy; their intellectual faculties are weakened, and they are often weary of life.

While the local degeneration is making progress, a cancerous affection of the anus, and of the interior part of the rectum, declares itself by unequivocal symptoms, and the death of the patient will be the end of this progress, if these unfortunate tendencies be not opposed.

This is a picture too often exhibited in our practice by those who neglect proper treatment in the commencement of the disease, and leave themselves no other remedy but the excision, which should be performed by the most skillful and experienced surgeon that can be procured.

Before, however, reverting to this ultimate measure, every other means of relief should be tried. In addition to those we have above recommended, we have seen the application of leeches to the parts, of very great service; also, cold water. But the only certain remedy that I can conscientiously recommend to those afflicted with the piles, is Dr. Strickland's Pile Remedy. There is one thing quite certain—it is sure to give you immediate relief, and if you persevere with it, no matter how bad your case, or how long you have been afflicted, you may depend on a certain cure if you will only keep your bowels gently open, as above recommended. If the bowels should be very obstinate, between each dose of the pills take a little castor oil, or a little magnesia and sulphur; that will help in keeping the bowels open.

Dr. Strickland's Pile Remedy affords incredible relief in the pain, itching and irritation occasioned by the piles. We again warn all those who are afflicted with this complaint, to attend to the state of their bowels and the use of the steam, as recommended above. Hard, indigestible food, cheese, crust of pies, but especially wine and spiritous liquors, ought to be studiously avoided. In fine, were the means we have recommended in this article pursued, with even an ordinary degree of perseverance, the knife of the surgeon would seldom be required in a case of piles, either internal or external.

### DYSPEPSIA, OR INDIGESTION.

Indigestion is, without doubt, the most frequent of all diseases. It occurs in every country, in every season of the year, and in every class of the community. Although it is devoid of the danger which accompanies other diseases, it is, notwithstanding, equally annoying to the patient—destroying many of the sources of his enjoyment, and producing, in several instances, all the miseries of confirmed hypochondriasis.

**Symptoms.**—The symptoms of dyspepsia are much diversified. They may be conveniently divided into such as are referable to the stomach itself, or to

Its sympathies with other parts of the body—particularly the great intestines, kidneys, heart and lungs, brain and nervous system; nausea, pain in the region of the stomach or under the false ribs, heart-burn, a sensation of fullness, distension or weight in the stomach, a feeling as if a ball were lodged in the gullet; acid or foetid eructations; vomiting, particularly of a clear liquid—sometimes of an acid nature and frequently in great quantity; a sensation of sinking or fluttering at the pit of the stomach; loss of appetite, costiveness, or an irregular state of the bowels, with a diseased appearance of the evacuations; pain of the loins and turbed urine; a very unpleasant taste in the mouth, particularly on first waking; a feeling of heat in the mouth similar to that which is produced by the use of Cayenne pepper; toothache, palpitation, pulsation in the region of the stomach, irregularity of the pulse; a short, dry cough, and occasional difficulty of breathing; giddiness and headache, languor, lassitude, and great depression of spirits, with the fear of death or approaching evil; in a word, hypochondriasis. These last evidences of derangement of the nervous system, denote a very aggravated state of the disease. The tongue is generally examined by the physician, as affording evidence of the state of the stomach; but the tongue will frequently be found perfectly clear when the stomach is most disordered. The causes of this disease are too numerous to attempt to enumerate in a work like this; therefore, we have to give the

**Treatment.**—In every form of dyspepsia, very great attention ought to be paid to the diet of the patient, not only with reference to the quality, but likewise to the quantity. It should consist of animal and vegetable food, in proper proportions; but the former ought to be taken only once a day. Great varieties of food at any one time should be avoided. Roasted meat is preferable to boiled meat, in consequence of being more digestible; and mutton is more digestible than beef. All articles which are digested with difficulty, should be avoided: for example, all kinds of smoked, hard, dried, salted, and long-kept meat; all those dishes in which a great deal of nutritious matter is collected in a small space—such as eggs, salted meat, soups, pastry, and all preparations of suet, fat and butter. Lastly, all raw vegetables, particularly cucumbers, lettuce, radishes, onions, and melons, ought to be strictly prohibited. Walking is the best of all exercise. In the treatment of dyspepsia, is first to free the stomach from offending matter; next, to improve the tone or energy of the stomach, and relieve the painful and distressing sensations. Now, the best and most simple medicines you can take, are Dr. Strickland's Tonic and Pills. First take a dose of the Pills, and after they have properly operated, then take some of the Tonic, according to the directions on the bottle. Two or three doses of Dr. Strickland's Anti-Bilious Pills, and about two bottles of Dr. Strickland's Tonic, will generally give considerable relief—often a complete cure. Spiritous liquors should be avoided.

### CONSUMPTION—Phthisis, or Pulmonary Consumption.

The symptoms of this disease are exceedingly variable, and so is its duration. It may commence with a slight cough not attributable to any particular cause, or may follow an acute disease, such as inflammation of the lungs. It may run its course in a month or two, or may be protracted for years. The ordinary form not unfrequently sets in with a slight, dry cough, which

may last for some weeks or months without much aggravation, or the addition of any new symptom.

In other instances, the cough may be severe from the very commencement, and accompanied by an expectoration of mucus in greater or less quantities; or, again, the patient having perceived merely some slight feelings of fulness constriction in the chest, hæmoptysis or spitting of blood may set in, and recur at intervals of variable duration, constituting the first indication (though ly no means a decisive one) of this formidable disease. Even in the early stage of the disease, some degree of languor is felt, the respiration becomes hurried on making the slightest exertion, and the pulse is quick, and generally wiry and incompressible.

After some time, the cough and expectoration increase (the latter resembling frothy mucus) the constitution begins to sympathize with the local affection, and that peculiar form of fever so generally known under the name hectic is established. This resembles the remittent rather than the intermittent type, for in the clearest remission of the hectic there is still quickness of the pulse, so as to beat at least ten strokes more in a minute than it should do in a healthy state. In hectic, as in intermittent fevers, each fit consists of a cold, hot and sweating stage, but though these are constant and regular intermittents, they present many varieties in hectic both as to their relative duration and the method in which they appear. A regular fit usually commences about six o'clock in the evening, with a sense of chilliness, which continues for about an hour. After this the skin becomes warm and the pulse accelerated, some degree of thirst and general uneasiness being at the same time complained of. At about ten o'clock, a sweat breaks out, after which the patient gets some sleep, but still the sweating continues, so that on waking the next morning he finds himself bathed in perspiration. The pulse is always quick, seldom being below 100 to 120, or even 140 beats in the minute.

The digestive functions not unfrequently continue regular until the disease has made great progress. The muscular power, too, is by no means diminished in proportion to the degree of fever. As in other affections, it is but little affected until emaciation and diarrhœa have set in. The head is little, if at all, affected even in the worst cases, and the intellects continue unimpaired to the last. Slight delirium, however, not unfrequently precedes death.

As to local pain, many experience little or none. Some, however, complain of acute or darting pains at times, which appear to be caused by slight inflammation of the pleura or lungs. When the sweats above mentioned have continued for some time, the patient grows thin, and wastes away gradually, passing into a state of complete emaciation. This is accelerated by the super-vention of another symptom, namely, Diarrhœa, which frequently alternates with the sweats, the one ceasing as the other sets in. In females, the menses almost always cease when hectic fever is established, and occasionally even before that is the case, which has led to a popular opinion that the disease in such cases arises from the suppression, but although there is no doubt that such suppression, by inducing debility, may predispose to pulmonary complaints, yet a knowledge of the pathology of phthisis enables me to trace it in general to a much more efficient cause, namely, the development of tubercles in the substance of the lung. The expectoration contains three distinct materials mixed in various proportions, viz: mucus secreted from the lining

membrane of the bronchus, tubercular matter more or less softened, and sometimes pus secreted by the sides of the tubercular cavities after their contents have been evacuated.

When the hectic fever is established, the degree of emaciation which attends it will be found to keep pace with that of the evacuations above noticed, viz: the sweats, diarrhoea and expectoration. The cheeks become hollow and sunken the nose appearing on that account more prominent, and the skin (which elsewhere is of an unnatural paleness) presents on the middle of the side of the face a circumscribed patch of a bright delicate red color. This is well known by the name of the hectic flush. The appearance of the eyes is also peculiar. The conjunctiva retains its natural clearness, but acquires a delicate pearl blue tinge. The angles of the mouth are slightly retracted, giving to the countenance that peculiar sharp or pinched expression of features. The shoulders are elevated, and as it were pointed. The ribs prominent. The belly becomes flattened. The joints appear as if enlarged. The hair falls off, so that every attendant circumstance marks the gradual decay of the vital powers.

**Treatment.**—Although it has been asserted that pulmonary consumption is curable, still such a happy event is scarcely to be expected after the disease is formed, and it is possible that the supposed cures have been cases of chronic catarrh or cold, and not the true tubercular phthisis. Much, however, may be done by warding off the disease for many years, and in retarding its progress after it is formed by careful management of the patient. The diet should be moderate, and easily digestible and nourishing. The clothing light and warm, and his exercise moderate. And above all, great attention should be paid to the bowels and the various secretions. In the early stage of the disease, much may be done to retard the disease, and relieve the symptoms. The bowels should be kept open by frequent doses of Dr. Strickland's Anti-Bilious Pills. These Pills seem particularly suitable for pulmonary affections. The cough, which is frequently very troublesome, may be relieved by sipping a bottle of Dr. Strickland's Mellifluous Cough Balsam, which is healing, softening and expectorating, and it is certainly impossible to prescribe anything more suitable, for besides relieving the cough, etc., it cures those distressing night sweats, which are so hurtful to the patient. It always gives immediate relief to that troublesome tickling cough, and it never fails to stop the spitting of blood; therefore, a medicine containing such valuable properties can not be dispensed with in consumption. The diarrhoea will always be sufficiently checked by two or three doses of Dr. Strickland's Anti-Cholera Mixture. Cod-liver oil is sometimes used in the commencement of this disease, and often with good effect. Bleeding and blisters, also liniments composed of croton oil and tartar emetic, are often useful in the early stage to retard and relieve. Throughout the whole disease, the troublesome symptom of constant tickling cough must be combatted by the use of the Mellifluous Cough Balsam. Sometimes the inhalation of steam of vinegar and warm water is serviceable.

#### NERVOUS DISEASES.

We can not enter into any society without meeting with some individual who complains of being more or less nervous, while we seldom meet with two in which the disease is alike in its symptoms and effects. We may here ob-

serve that of all the disorders which affect the human frame, there are perhaps none which exert so extensive an influence as the whole class of nervous diseases. The long train of symptoms of nervous disease are too numerous to mention. It is often very painful to the physicians, who are called upon to observe human nature in its extravagances and deformities, but the picture of a man suffering from nervous affections is so glaring that it can scarcely escape the notice of the most careless and unobserving. When the mask of civility is thrown aside, the body exposed, enfeebled by disease, the mind irritated by vexation, sunk in despondency, or it may be hurried into madness, jealous, wakeful, restless, changed in temper, in character and manner, how humiliating is the scene! Painful to the beholder, and more painful to the sufferer, and almost justifying the expression of the amiable Addison, that Babylon in ruins is not so sad a spectacle. Many, nay most, of those affections, even when they are purely nervous or mental, do nevertheless draw the body into some participation of their disorder, so that the sleep, the appetite, the digestion, are usually more or less thrown out of their healthy condition. And this is not to be wondered at when we reflect that it is through the operation of the nerves that these parts are excited to the proper discharge of their several offices. Are not the very features distorted by fear, by passion, by despondency? Were men, indeed, convinced that their health and comfort were so materially dependant upon the regulation of their own minds, they would be more careful to strengthen them by study, and moderate them by reason, and confirm them by religion, and reduce them to an equanimity not easily disturbed by the crosses and accidents of life. It is to the want of this right judgment of things that we see people work themselves up to a state of great misery from the merest trifles. Half the evils of life are inflicted by ourselves. In a commercial country, men are often at the mercy of the winds and waves, and the falling of some speculation, or disappointment of some cherished hope, has brought many to distraction and death. This is the effect of not seeing things in their true light, of setting a greater value upon riches, honors, or power than they deserve. For these things, when they have been made undue objects of desire, absorb as it were all other considerations, and fill the mind with false hopes and fears, the very fuel of insanity. And it is no wonder that the failure of an object that engrosses all a man's thoughts, should upset a mind unguarded by the security of right reasons, undisciplined in moral virtue, and unsupported by religious faith.

But it is not to this melancholy view that we wish particularly to draw the attention, for religion, virtue, good disposition, and good sense will not secure a person from the invasion of nervous ills. Qualms and misgivings and causeless apprehensions and despondency will sometimes take possession of the mind in spite of our better reason, and throw a cloud over our fairest prospects. Tears will flow and laughter will break out unprovoked by sorrow or joy, and apparently arising from that fluttering state of animal spirits which is known by the name of nervous. If these effects be more common in females than in men, we see a deeper dejection in the latter, filling them with unfounded alarms, either disqualifying altogether for business, or obliging them to pursue it in heaviness or heartlessness.

Although nervous diseases have such a long train of ugly symptoms, yet the treatment may be laid down in a few words. The principal being in



bracing up the nervous system, that must be done by proper out-door exercise, cold bathing, by taking proper tonic medicine, such as iron, and other such medicine which act on the nervous system. No better medicine can be used for nervous complaints than Dr. Strickland's Tonic. By invigorating the whole system, it seems to immediately remove melancholy and low, desponding feelings, and gives new life to the nervous and debilitated, and is an excellent appetizer. Those who have a bad appetite, should try a bottle of this Tonic, as it sharpens the appetite, and enables one to enjoy their food. Therefore, all weak and nervous subjects should immediately try Dr. Strickland's Tonic, and keep their bowels open by occasional doses of Dr. Strickland's Anti-Bilious Pills.

### INFLUENZA

The following are the principal symptoms or mode of attack of influenza, which is often called a very bad cold. After some alterations of chilliness and heat, the patient is seized with a heaviness or pain of the head with sneezing, watery eyes, hoarseness, and cough. The symptoms come on in the order here stated. In the course of a few hours, the headache increases, the skin becomes hot, with a pain in the back and limbs, or transitory stitches across the chest, the tongue is white, the pulse quick or frequent. There is more or less sickness at the stomach, and sometimes vomiting. The bowels are generally costive. By the second or third night, the cough and fever become greatly aggravated. The cough is strong, incessant and sometimes dry, but generally accompanied with an expectoration of thin, sharp mucus. The fever is attended with incessant heat, and with extreme restlessness and anxiety. There is also some confusion of the head; the pulse is often 100 to 120. In the mornings, there is a considerable remission of the febrile symptoms, but the cough still continues urgent. Such are the most common symptoms of this epidemic, which has carried off a great many people. We now come to the treatment in the influenza epidemic of late years, particularly in the year 1837. Bleeding was one of the first things to be done, but we think that seldom necessary now. We advise the course which we have tried in hundreds of cases with the best and most happy result. First, take a dose of Dr. Strickland's Anti-Bilious Pills, and get the bowels freely open; then, if there is much pain, apply a large mustard poultice over the region of the pain, and give the patient frequent small doses of Dr. Strickland's Mellifluous Cough Balsam, just sufficient to wet the mouth and throat. This may be given every time he coughs. It is best for him to have the bottle near him, and sip a little frequently. He will find great relief in this way. The Pills should be repeated two or three times. This treatment in a few days will relieve all the most troublesome symptoms. The patient should drink freely of thin water gruel or barley water. In fact the less diet he takes the better, a low diet being absolutely required.

### TONICS.

Medicines which increase the tone of the muscular fibre: such as vegetable bitters, diluted mineral acids, preparations of iron and zinc, and other metals; also, the various stimulants and astringents. These remedies act, by their influence, on the digestive organs, and hence on the whole system. The use

of a bitter principle in medicine, is well exemplified in the case of animals which feed on them; for it has been found that if restricted to a food which has not a sufficiency of bitter principle, they soon become weak, and eventually die. The benefit which some people derive from ale and other malt liquors containing hops, is principally owing to the bitter contained in them; for, in many cases we find them answer better for invigorating convalescents and dyspeptic invalids, than wines or other stimulants, and, therefore, the effect can not depend on the alcoholic principle. Tonics are useful in cases of chronic weakness, and during convalescence from long-continued debilitating diseases; but they are highly improper in cases where there is any degree of excitement or inflammation, whether acute or chronic. (See Dr. Strickland's Tonic for Dyspepsia, Nervousness and Debility, etc., p. 23.)

### AGUE, INTERMITTENT FEVER.

This form of fever is generally the product of exhalations arising from lowlands, stagnant water, or decayed vegetable substances. Ague occurs in paroxysms, separated by regular intermissions, during which the patient is free from fever. Each attack is divided in three stages, which follow each other in regular succession.

The symptoms of this common disease, in this country, are too well known to need any explanation here. The treatment is the principal thing we have to attend to in a work like this.

During the cold stage, the warm bath, heat applied to the pit of the stomach and along the spine, such as bags of hot sand, etc., additional bed-clothes, warm diaphoretic drinks, and stimulants, etc. In the hot fit, the bed-clothes are to be diminished, and cooling saline or effervescing drinks should be administered. In the sweating stage, the patient is to be kept cool, and when it is over his clothes should be changed; and if he is very weak, a little wine or brandy and water should be given. But the principal indication in this disease is, if possible, to prevent or at least alleviate subsequent paroxysms, which is to be effected by proper treatment during the intermission. This treatment may be briefly stated as follows: Clear out the bowels by means of a dose of Dr. Strickland's Vegetable Anti-Bilious Pills, then commence taking Strickland's Ague Remedy. This will certainly very much alleviate the next chill, or prevent it. The Ague Remedy ought to be continued for several days after the patient considers himself cured.

### COLIC.

Colic is a disease characterized by severe pain with a sensation of twisting in the umbilical region or about the navel, sometimes vomiting and frequently obstinate costiveness accompanied with spasmodic contractions of the abdominal muscles. There are many varieties of colic which are referable to different exciting causes, but which nearly resemble each other in their symptoms, the peculiar state of the digestive and of the biliary secretions, various articles of food, or nearly an excessive quantity taken into the stomach, the application of cold to the feet, and certain metallic poisons, such as copper and lead. When occasioned by these latter agents, it is usually denominated Painters' Colic. The best remedy for colic is a

full dose of Dr. Strickland's Anti-Bilious Pills. In such cases, it is best to dissolve say three of these Pills in a little molasses or sugar. By that means they operate immediately, and give instant relief to the sufferer. Always apply a large mustard poultice over the abdomen. If there is great pain, a little tincture of assafœtida and laudanum may be given.

### ACIDITY OF THE STOMACH.

An unpleasant sensation of heat or burning at the stomach, frequently attended with the belching up of a sour or acid fluid, occasioned by the use of such foods that interrupt or disorder the operations of the digestive organs. Young people are more liable to this disorder than adults, and it is often particularly harrassing to females in the first month of pregnancy. One or two doses of Dr. Strickland's Tonic will immediately relieve; then a dose of Strickland's Anti-Bilious Pills at bed-time will remove the cause.

### BOILS.

A boil is a small tumor of a conical shape, elevated above the surface of the body. Its base is hard, while its apex is soft, and of a whitish color, and exceedingly painful. The pain in boils is generally severe and burning, hence its name. The treatment consists in hastening suppuration by means of warm poultices. Afterward a free incision should be made into the tumor, and the matter, together with the dead cellular tissue or core as it called, must be squeezed out. Two or three doses of Dr. Strickland's Anti-Bilious Pills will prevent others coming by regulating the bowels and purifying the blood.

### BILIOUS.

This word properly applied means proceeding from or containing bile. Thus we say a bilious fluid in the latter sense, or bilious disease in the former. This last term, bilious disease or complaint, is often used indiscriminately by patients to express any derangement of the digestive organs, though, no doubt, there are often enough dependant on biliary derangement. When such is the case, it is indicated by the bitter, nauseous taste in the mouth, foul tongue, and the appearance of the feces. The term bilious is often applied in familiar conversation, to certain kind of food, meaning thereby that they have the tendency to produce derangement of the digestive organs, and so cause bilious symptoms. The best treatment for what is called a bilious attack, is first to act on the liver and bowels by means of two or three of Dr. Strickland's Anti-Bilious Pills. If there is much nausea, an emetic is to be taken at the commencement. A second or third dose of the Pills is necessary.

### OBESITY.

Corpulency, an excessive development of fat in the body. General obesity, extending over the whole body, being an increased deposition of animal oil into the cellular tissue throughout the body generally. When corpulency becomes so great as to cause inconvenience to the person, the best remedies are active exercise, gentle purgatives, such as Dr. Strickland's Anti-Bilious Pills, and temperance in drinking, and frugal diet. A dose of the Pills should be taken about once a week.

### PURGATIVES AND CONSTIPATION.

As we have ever considered purgatives the most valuable class of medicine in the *Materia Medica*, and one with which almost every individual in civil society claims an acquaintance, none being of so much benefit either in the cure or prevention of disease, and none which such power is possessed over the human body as purgatives, we propose to say a few words concerning purgatives. Strange as it may appear to the non-professional reader, although physicians, from Hippocrates downward to the present time, have devoted a considerable share of attention to the effects of purgatives, it was not till within the last thirty years that their true value was correctly estimated as curative agents, or their action operative, and effects thoroughly understood. Purgative medicines may act in three ways on the alimentary canal: 1st. By stimulating the muscular fibres of the intestines, whence their peristaltic motion is augmented, and the contents of the bowels quickly and completely discharged; 2d. By stimulating the exhalent vessels terminating in the inner coat of the intestines and the mouths of the excretory ducts of the mucous glands, by which an increased flow of serous fluids takes place from the former, and a more copious discharge of mucus from the latter, the effect of which is to render the fecal thinner and more abundant; 3d. By stimulating the neighboring viscera as the liver and pancreas, so as to produce a more copious flow of their secretion into the intestines. It has been the desire of many physicians to so combine in one dose the best purgative medicine suitable to operate together on the three above-mentioned different ways, and Dr. Strickland's Anti-Bilious Pills will certainly have that desired effect. These Pills operate gently. They do not gripe or pain, and may be taken by either sex at any time of life. They are a mild, safe Anti-Bilious Purgative Pill.

### SICK HEADACHE.

This is a painful affection of the head, arising from the sympathy between the digestive organs and the head, and depending on some derangements of the stomach or bowels. Thus it is present in bilious attacks, or in cases of surfeit and from drinking. The headache is severe. There is great nausea, foul taste in the mouth, and foul eructations, great depression of spirits, and a considerable degree of general fever. If the complaint arises from excess in drinking, the nausea and headache may be allayed by a draught of soda water, to which is added a tablespoonful of Dr. Strickland's Tonic, previously mixed in a little water. Then the bowels should be freely opened by a dose of Dr. Strickland's Anti-Bilious Pills. If the headache arises from a surfeit, then it may be prudent to administer an emetic in the first instance, and subsequently administer a good dose of Dr. Strickland's Anti-Bilious Pills. The feet should be put in warm water for some time to induce perspiration, and cold cloths applied to the forehead. In many cases, some days elapse before the functions of the stomach are properly restored. The state of the bowels require to be attended to, and the diet regulated, all heavy and indigestible or acid articles of food being carefully avoided. A bottle of Dr. Strickland's Tonic will restore the digestive organs.

There is no doubt that this Pile Remedy is the only preparation that will make a permanent cure of external and internal piles. Hundreds of testimonials can be produced in testimony of this fact. It matters very little if the case be a recent one or one of twenty years; it appears to be equally certain of effecting a cure. One of the most absurd ideas is to attempt to make a cure of piles by taking medicine inwardly. Every sensible person knows that to effect a perfect cure, you must apply the remedy to the part affected. It is by this means Dr. Strickland's Pile Remedy meets with such wonderful success. It gives immediate relief, and in all cases effects a permanent cure, although so many go suffering from day to day, not believing that it can be cured. We can inform those who are thus suffering, that if they try this Remedy they will be spared many years of suffering.

### HEMORRHOIDS, OR PILES.

KALAMAZOO, MICH., April 21, 1866.

DR. STRICKLAND—*Dear Sir:* Accompanying this note please find certificate of Mr. W. W. Beebe, which, at his request, we forward to you for publication, in acknowledgment of his gratitude to you for being permanently cured by the use of your Pile Remedy. He feels very grateful, and regards you as chief of benefactors.

ROBERTS & HILLHOUSE, Druggists.

#### Certificate.

DR. STRICKLAND—*Dear Sir:* Having been signally benefited and cured by the use of your Pile Remedy, I feel it due, not only to you, but to the public at large, to acknowledge the facts, hoping thereby that it may be the means of inducing others who may be similarly afflicted to give your Remedy a trial, and be cured of a disease which no money would tempt me to again endure.

I have been afflicted with the Piles more or less for the last thirty years. About three years ago it assumed its most aggravated form of *Fistula in ano*—the sufferings of which no one can realize, except those who are afflicted with it. A part of the time I was confined to my bed, and in great distress. I consulted with the best physicians in the State, and used most every remedy that I saw or heard of, that was recommended for my disease, but they all proved alike—of no avail in alleviating my sufferings. I also had discharges from the fistula, which were of a most sickening and offensive odor—so much so that my wife was obliged to keep the room fumed with burnt coffee and other disinfectants, in order to be able to remain in the room. I would have intervals of relief, and some of the time was able to ride to town, and do a few chores around home; but work was out of the question. One day while in town I happened in at Messrs. Roberts & Hillhouse's Drug Store, and incidentally stated my afflictions to them. They inquired of me if I had used your Remedy, and having ascertained that I had not, they at once importuned me to give it a trial. Knowing them to be men of veracity, I yielded to their kind solicitations and purchased a bottle, which, with a part of another, produced the long-sought for result—a permanent cure.

I have thus given you a brief statement of my case, which you are at liberty to publish if you think best. My main object in writing you was to give testimony as to the virtues which your Remedy possesses over others whose real virtues are only in printer's ink (I judge from experience), and also to express to you my heartfelt gratitude for the blessing which you have conferred upon one of the members of suffering humanity.

I would herein state that my occupation is that of a farmer, and if any should doubt as to the truthfulness of my statement (which I have given unsolicited, and of my own free will and accord), by writing me I will give abundant proof, and all the necessary particulars, and will cheerfully answer all inquiries relative to the miraculous effect of your Pile Remedy, in producing a speedy and permanent cure.

Yours truly,

W. W. BEEBEE.



### ASTHMA, or Shortness of Breath.

Popularly, every shortness of breath or difficulty in breathing has been called Asthma, although depending upon a great many different affections, and has been defined, great difficulty of breathing, recurring at intervals or in fits or paroxysms, attended with a wheezing sound, a sense of tightness over the breast, great anxiety, an obstinate cough being attendant upon the commencement of the fit, but terminating in mucous expectoration at its close.

Asthma is very properly divided into three kinds: The Nervous, the Spasmodic or Dry, and the Catarrhal, Humid or Spitting Asthma, but these may be variously combined or complicated.

The stethoscope is indispensably necessary to enable us to ascertain accurately their varieties and complications.

The first, or Nervous, occurs only in persons affected with Chronic Mucous Catarrh, and is therefore accompanied with slight cough and free expectoration. The breathing is generally complete.

The second, or Dry, is accompanied with a slight, dry, difficult cough, with a scanty expectoration toward the close. The respiration is imperfect, and from the spasm, rupture of one or more of the air cells sometimes happens, and produces emphysema or windy swelling of the lungs.

The third, or Humid, is characterized by a severe suffocating cough, with early expectorations, at first scanty but afterward copious and affording relief, and is supposed to depend upon congestion of the mucous respiratory surface.

The symptoms are, drowsiness, headache, a sense of fullness, tightness and flatulence in the region of the stomach, with depression of spirits, and a sluggish state of the bowels, most usually precedes an attack of Asthma. At other times, the disorder is attended by the symptoms stated in the definition, and fixes upon the patient at once, most frequently during the night after the first sleep, and recurs nightly for some length of time. In some cases, the first warning symptom is a sudden inclination to stool, and a discharge of pale urine. This intestinal irritation soon shifts its seat to the stomach, and as speedily leaves the stomach and takes possession of the chest. The patient is unable to lie down, and struggles and gasps for air, presenting a picture of great distress, and experiencing the most exquisite agony, often attended with a fearful apprehension of immediate death. The duration of the paroxysm is very various in different individuals, and so are the periods at which it returns. These returns are most frequent on any sudden change in the weather, and indeed the asthmatical feels severely every atmospheric vicissitude. In many cases, patients have been able to recognize the approach of a paroxysm a considerable time before its actual invasion, and simply by bathing the feet, taking warm drinks on going to bed, sweating during the night, and purging in the morning, have prevented the attacks altogether.

One of the greatest uses of this little work is to enable patients or their friends to prevent disease, or at least to attack it in its very infancy, when most easily managed, for after it has broken down the constitution, and induced constant dyspnea or difficult respiration depending upon organic disease, little more can be done than to palliate symptoms.

Favorable and unfavorable symptoms, when it occurs in young persons and is not complicated with any other disease, a recovery may be expected; but when it becomes confirmed and refuses to yield to proper remedies, no hope need be entertained of a permanent recovery. Where any organic disease exists, according to the organ affected, asthma may terminate in inflammation and dilatation of the bronchii, emphysema and œdema, or swelling, inflammation of the lungs, consumption, dropsy of the chest, apoplexy, disease of the lungs, etc.

Those predisposed to asthma should observe a punctilious attention to diet and regimen. By the latter we mean an attention to the temperate exercise, not only of the physical but likewise of the mental, intellectual, and even the moral faculties. The diet should be light and nutritive, avoiding excess in quantity, and being regulated as to quality by the experience of the individual, who may easily discover those articles which support the system without oppressing either the digestive organs or the general system. Food tending to produce heaviness and sleep immediately after meals, should be avoided. Fermented and spirituous liquor should be shunned by the asthmatic, but if he is not possessed of that strength of nerve to observe strict and total abstinence from these, he may indulge himself in a single glass of cold punch to which may be added a little tincture of ginger, especially in damp, moist weather, or on exposure to sudden changes in the atmosphere. The regulation for clothing, and management of that most important organ, the skin, is perhaps even of more importance than a light, temperate, farinaceous diet. Flannel should be worn as an inner shirt if the skin is not too irritable, and the same substance should form the drawers, which should extend down to the ankles, and this with warm woollen socks should form the unvaried underdress of the asthmatic. Another powerful auxiliary in preserving and promoting the healthy action of the skin, is spunging the skin with tepid water, to which a little vinegar has been added. The process of drying the body with considerable friction, is to be used. Regular exercise in the open air is likewise of essential consequence, especially a walk after the use of the bath.

**Treatment.**—The domestic practitioner may venture upon the following course with a certainty of giving relief if nothing more, and that is a great deal to an asthmatic subject:

In a severe paroxysm, make up the following liniment, and dip the vial containing it into hot water; then rub the chest of the patient well for some time:

Take a drachm of Tincture of Lobelia,

“ “ “ Opium,

“ “ “ Hyoscyamus,

“ “ “ Foxglove,

“ “ half ounce of Soap Liniment.

If this does not give relief, make a large mustard poultice and apply on the chest, and small ones on the soles of the feet. Let them remain on as long as the patient can bear them.

The cough and the difficulty of breathing will be considerably relieved if the bowels are kept in a regular state. Be sure they are operated on at least twice a day, by occasional doses of Dr. Strickland's Anti-Bilious Pills. Dr. Strickland's Mellifluous Cough Balsam is the main thing to depend upon for

relief. In fact, the relief the asthmatic experience from a dose or two of this Cough Balsam, is almost incredible. It relieves the troublesome cough and shortness of breath; it causes a free expectoration. A trial will be sufficient to recommend this invaluable Cough Balsam. The inhalation of vapor loaded with alcohol, laudanum, camphor, ether, and especially tar, is often of singular advantage to the asthmatic. But the remedies recommended for the cure or alleviation of this disease, are innumerable; and we will merely notice, further, that the Mellifluous Cough Balsam possesses undoubted virtues. The patient, however, would do well always to remember that most depends upon himself: by guarding himself from the various vicissitudes of the weather; by choosing mild, nutritious food; by gentle exercise two or three hours after a meal; by particular attention to preserve the temperature of the body regular, especially the feet, which are most assiduously to be kept warm and comfortable (cold, damp feet being the cause of most thoracic diseases); by keeping the bowels always free, and by an equable flow of spirits, the patient will derive more advantage than from any regular course of medical treatment.

#### DYSENTERY.

• Dysentery is a disease characterized by frequent mucous or bloody dejections, or stools—the proper fæces being for the most part retained, while the patient suffers from griping pains and tenesmus, or a frequent desire of going to stool; and the fæces discharged on these occasions are sometimes, in the form of rounded masses, called scybalæ. Dysentery most generally prevails in the same situation, as the intermittent fever; and these circumstances would lead us to suppose that the existing cause, or causes, were somewhat similar. Although, however, many speculations have been formed concerning its nature and the way in which it is generated—by fogs and marsh effluvia—they do not appear to us in any respect satisfactory. The disease has been supposed to be sometimes produced by certain peculiarities of diet, and we have no doubt this is occasionally the case. With respect to the use of recent or fresh ripe fruits, if used in moderation, we conceive that they would rather tend to prevent the disease. It has been supposed that dysentery is contagious; but we confess that we are inclined to consider the mode of its propagation more resembling that of a complaint attacking a number of individuals all exposed to the same exciting cause.

The patient suffering with dysentery generally feels languid, and is relaxed in the bowels for a day or two previous to the attack. The evacuations then become scanty, consisting principally of a little bloody mucous, and are accompanied by great straining while at stool. At the same time there supervenes pain in the umbilical region; and the nature of this pain differs—in some cases fixed and burning, in others acute, and occurring in violent paroxysms. The skin is hot, dry and harsh; the pulse varies considerably; the tongue is foul, and loaded with a yellowish fur in the center, while the tip and edges are red and glazed. As the disease proceeds, the evacuations become either clear and colorless, like rice-water, or of a dirty and somewhat reddish appearance. In either case the smell is most offensive, and there is no trace of bile to be found in the evacuations.

The remedies which are found most useful in this disease are, first, a dose of Dr. Strickland's Anti-Bilious Pills, and a dose of Dr. Strickland's Anti-

Cholera Mixture, three or four times a day after the pills have well operated on the bowels, and, for an adult, about ten grains of Dover's powder and five grains of calomel, taken at bed-time. The pills may have to be repeated, and the Anti-Cholera Mixture must be given regularly for some time. The diet must be light and unstimulating—consisting of arrow-root and such like; the drinks should be bland and mucilaginous, and in small quantities at a time. All acids, or any thing apt to produce acidity, should be avoided. During convalescence, great attention to the state of the bowels and digestive organs is requisite. Dr. Strickland's Tonic should be given to strengthen the stomach, and proper warm clothing, particularly a flannel bandage around the abdomen, must be insisted upon.

### EYE.

Diseases of the eyes are very common in this country, and from my extensive practice in the State of Tennessee, I have come to the conclusion that two thirds of the cases are caused by sitting near wood fires. I paid particular attention to the eye disease so common in this state, and I am sure, from close observation, that some woods produce more diseases of the eye than others. I particularly noticed that when green hickory wood was burnt alone, and constantly—as is often the case there—that its smoke certainly caused more sore eyes (as it is there called) than from any other wood. The symptoms of common sore eyes, or what we might term acute ophthalmia, are a sensation of heat and itching in the part, succeeded by pain and the feeling as if some foreign body, such as dust or sand, were lodged in the eye. The pain gradually increases; the covering of the eye-ball—called the conjunctiva—is seen covered with numerous vessels carrying red blood, and it eventually becomes suffused and of a bright red appearance. There is generally violent headache, and not unfrequently a considerable degree of general fever. There is a feeling of throbbing or burning heat felt in the part, and intolerance of light. There is often increased secretion of tears, but in some cases there is preternatural dryness of the surface of the eye, producing great pain.

The treatment requires to be active, and consists of general and local bleeding. In fact, the best method of abstracting blood is to take about eight or ten ounces from the temporal artery; this will often produce more benefit than twenty from the arm. The eyes should be bathed with warm or tepid fomentations; the bowels should be kept quite loose, by Dr. Strickland's Anti-Bilious Pills, and, as soon as the warm fomentations have relieved the pain, use Dr. Strickland's Eye Lotion. Keep the room darkened in which the patient remains, and, by constantly keeping a soft piece of linen or lint saturated with Dr. S.'s Eye Lotion, the patient will soon recover. In chronic cases Dr. Strickland's Eye Lotion, and an occasional dose of his Anti-Bilious Pills, will effect a cure.

The best fomentation is made by warming Dr. S.'s Eye Lotion, which may be done by setting a vessel containing some of it in hot water; then the Lotion has a most excellent effect; but this need only be done during the most painful part of the disease.

### MEDICINAL QUALITIES OF ANTI-CHOLERA MIXTURE.

**Astringents.**—Medicines which render the solids denser and firmer, by contracting the fibres independently of their living muscular power, have been called astringents. They have a tendency to diminish excessive discharges, and, by causing greater compression of the nervous fibullæ, are supposed to lessen morbid sensibility or irritability. Hence the necessity of employing astringents in cases of cholera and diarrhœa.

**Absorbent Medicines.**—Are medicines which, when taken internally, have the property of absorbing redundant and acrid humors. They are sometimes called antacids, antalkalines, and antacrids, from their having no acrimony in themselves, and destroying acidity in the stomach and bowels. Hence the necessity of employing absorbents in cases of cholera and diarrhœa.

**Carminatives.**—Those medicines which allay pain and dispel wind or flatulence in the stomach or bowels, are called carminatives. The action of carminatives is immediate, and often powerful. Hence the necessity of employing carminatives in cases of cholera and diarrhœa.

**Sedatives.**—Medicines which alleviate pain and induce a degree of quiet, etc. Hence the necessity of employing sedatives in cholera and diarrhœa.

The above medicines are carefully compounded, in proper doses, with other compatible remedies, as a vehicle which forms a very valuable mixture, which Dr. S. has used in upward of seven hundred cases of Asiatic cholera, and innumerable cases of diarrhœa, with the most wonderful success. A family with two or three bottles of Dr. Strickland's Anti-Cholera Mixture in the house, and use it in time, may feel safe from the terrible ravages of cholera.

### MELLIFLUOUS COUGH BALSAM.

FOR COUGHS, COLDS, HOARSENESS, WHOOPING COUGH, ASTHMA, BRONCHITIS, SORE THROAT, CONSUMPTION, AND ALL DISEASES OF THE RESPIRATORY ORGANS.

This is a rich and pectoral Balsam of the most healing, softening, and expectorating qualities, and has been given in numerous cases with singular success. The extraordinary power it possesses in immediately relieving, and eventually curing, the most obstinate cases of Coughs, Colds, Hoarseness, Whooping Cough, Bronchitis, Asthma, Influenza, and all Pulmonary Diseases, is almost incredible.

IN WHOOPING COUGH it will be found especially useful in immediately relieving those distressing and terrible paroxysms of their violence, and removing that thick accumulation of phlegm which seems to threaten the life of an infant. This is the only medicine known to cure Whooping Cough.

FOR CHRONIC COUGHS this Balsam is strongly recommended. During the long period of twenty-five years this Balsam has been known in England and most parts of Europe as an invaluable remedy for old Chronic Coughs. Thousands have used it and got rid of the most troublesome Coughs, which had been their



daily and nocturnal tormentor for many years, and most of them had given up all idea of ever being cured.

AS AN EXPECTORANT it can not be equaled. It cuts the phlegm, and causes it to be expectorated with ease, without producing that nauseating feeling which is so debilitating to the sick.

TO THE ASTHMATIC it is particularly recommended. It relieves that distressing cough and difficulty of breathing which continually deprive the sufferer of rest; it enables him to lie down in any posture. In fact the asthmatic experience so much relief from its use they feel as if they were many years younger.

FOR BRONCHITIS, INFLUENZA, SORE THROAT, AND ALL BRONCHIAL AND PULMONARY AFFECTIONS, it is impossible to procure a medicine that will relieve in so short a time, and eventually make so complete a cure.

CROUP.—This Balsam is a speedy relief in cases of Croup, and may be relied upon in the most serious cases. The MELLIFLUOUS COUGH BALSAM is an agreeable acidity, pleasant to take, therefore well adapted for children.

### AGUE REMEDY.

After four years' experience in Tennessee, and fifteen in other parts of this country and in England, Dr. S. can well boast that he is master of all Miasmatic Fevers. On the Tennessee River, where Intermittent Fever is so prevalent that nearly every family suffered more or less each year, he never failed to make a complete cure of the most obstinate cases; some patients having suffered constantly for twelve months and more, and others had removed from the swamps of Arkansas and Missouri, where they had been afflicted for a considerable time, in some instances, whole families lying in a miserable condition: all the citizens of Perry, Hickman, and surrounding counties can testify Dr. S. made complete and permanent cures within fourteen days. In all the most serious cases of Ague and Fever which came under Dr. S.'s observation, large doses of Quinine and Calomel had been taken without any permanent good result, evidently proving that Quinine alone is not a sure remedy for Ague and Fever.

### TONIC.

FOR DYSPEPSIA OR INDIGESTION, NERVOUSNESS, DEBILITY,  
PALPITATIONS AND AFFECTIONS OF THE HEART.

This Tonic is a concentrated preparation of Roots and Herbs, combined with Antacids and Carminatives, which is prepared to strengthen the Stomach, remove flatulency, and correct acidity. It is the best remedy known for weak and nervous persons, and a certain cure for Dyspepsia. It creates a good appetite,

gives tone and energy to the stomach; it strengthens and invigorates the whole system, and, being free from intoxicating liquors, may be taken by the sick and weakly without the ill effects attending most of the advertised Bitters, which are frequently composed of whisky with some bitter, such as quassia-wood or gentian root. Spiritous liquors seem to relieve patients for a short time, but they injure the stomach and add to the disease. One of the principal causes of Dyspepsia is the use of strong spiritous liquors. It destroys the lining membrane of the stomach, and ought to be studiously avoided by the Dyspeptic. If taken at all, it should be good brandy, and taken in small quantities after dinner. By taking the advertised Bitters, which are composed of whisky, you increase the disease you are trying to cure. Strickland's Tonic is for the Weak, Nervous, and Dyspeptic, and not for the cure of a hundred diseases; neither are they for the drunkard.

#### DIARRHŒA AND DYSENTERY—ANTI-CHOLERA MIXTURE.

Is a medicine which everybody ought to keep in the house at this season of the year. This is the same preparation which was used with such good effect in London and all over England, during the terrible visitation of Cholera and Diarrhœa, in the years 1849 and 1854. It was then remarked, by nearly all the press, that in nearly every case where DR. STRICKLAND'S REMEDY was used, the patients were immediately relieved of their severe suffering. The puking, purging, and cramp, in nine cases out of ten, were immediately arrested by the first dose of this mixture. This medicine is a concentrated mixture of absorbents, astringents, stimulants, and carminatives. In most cases of Diarrhœa, two or three doses are sufficient to make a complete cure.

**DIARRHŒA IN INFANTS.**—Frequently children have a looseness in the bowels, caused by teething or improper food, sometimes of a green or bright yellow color, generally attended with more or less fever. A dose or two of this Mixture will always check it as much as is necessary.

**PUKING.**—A mustard poultice applied to the pit of the stomach, and a teaspoonful of cold spring water, taken every fifteen minutes, will generally stop puking in Diarrhœa.

**DYSENTERY**, in all its forms, is cured by taking STRICKLAND'S ANTI-CHOLERA MIXTURE. It will cure Dysentery after all other medicines have failed.

### VEGETABLE ANTI-BILIOUS PILLS.

Every family should keep a supply of this medicine. It is the best that can be used in the early stages of every disease. These pills are prepared from herbs; there is no danger of taking cold from their use. The great and increasing demand for them has induced the proprietor to give them greater publicity. This is the best medicine for impurities of the blood, bilious and liver complaints, costiveness, pain and tightness of the chest, scrofula, headache, jaundice, boils, blotches, and all cutaneous eruptions.

The cause of every disease is impurity of the blood. No one can enjoy good health if the blood, which is the life, is impure; therefore, in every affection of the human body, the blood must undergo a change, and be purified or cleansed, before it is possible to obtain good health. Change of weather, improper or unwholesome food, and exposure, are among the principal causes of impurity of the blood. These pills will cleanse and purify the blood, remove and entirely cure costiveness, indigestion, headache, sleepless nights, scrofula, jaundice, bilious complaints, bad taste in the mouth, giddiness, foul stomach, boils, blotches, and all diseases of the skin. By keeping the blood cool, and the bowels in a regular condition, they will greatly assist in curing piles. A dose of these pills will arrest the progress of most diseases, especially all kinds of fevers. They are a mild and safe medicine; can be taken by either sex. They act gently on the liver, and remove all viscid concretions of the stomach and bowels.

Coughs and diseases of the respiratory organs are aggravated by costiveness and foul stomach; therefore, these complaints will be relieved by an occasional dose of these pills, and the use of Dr. Strickland's Cough Balsam.

This medicine is frequently used for rheumatism and gout, and, as vitiated bile is the cause of these complaints, there is no doubt that this is the best medicine that can be used, as it restores the digestive functions to health, therefore directly removing the cause.

In a word, they *thoroughly cleanse and purify the blood*, and they prevent and cure all diseases which make the blood impure.

By taking a dose of these pills whenever you feel a little unwell, or the bowels are costive, or any way out of order, you would save many cases of long sickness; and is, in fact, the best preventive for cholera and other epidemics.

Dr. Strickland's medicines are for sale at every respectable Drug Store in the United States. It is necessary to see that the Government stamp is indorsed A. S., without which none are genuine.

CAUTION!—Should a druggist not have all, or either, of Dr. S.'s preparations, do not be persuaded to take any other medicine.

# CALENDAR.

1866							1866							1867						
June.	May.	April.	March.	Feb.	Jan.		Dec.	Nov.	Oct.	Sept.	Aug.	July.		June.	May.	April.	March.	Feb.	Jan.	
Sunday.	Sunday.	Sunday.	Sunday.	Sunday.	Sunday.		Sunday.	Sunday.	Sunday.	Sunday.	Sunday.	Sunday.		Sunday.	Sunday.	Sunday.	Sunday.	Sunday.	Sunday.	
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31	1	2	3	4	29	30	31	1	2	3	4	29	30	31	1	2	3	4
5	6	7	8	9	10	11	5	6	7	8	9	10	11	5	6	7	8	9	10	11
12	13	14	15	16	17	18	12	13	14	15	16	17	18	12	13	14	15	16	17	18
19	20	21	22	23	24	25	19	20	21	22	23	24	25	19	20	21	22	23	24	25
26	27	28	29	30	31	1	26	27	28	29	30	31	1	26	27	28	29	30	31	1
2	3	4	5	6	7	8	2	3	4	5	6	7	8	2	3	4	5	6	7	8
9	10	11	12	13	14	15	9	10	11	12	13	14	15	9	10	11	12	13	14	15
16	17	18	19	20	21	22	16	17	18	19	20	21	22	16	17	18	19	20	21	22
23	24	25	26	27	28	29	23	24	25	26	27	28	29	23	24	25	26	27	28	29
30	31	1	2	3	4	5	30	31	1	2	3	4	5	30	31	1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31	1	2	27	28	29	30	31	1	2	27	28	29	30	31	1	2
3	4	5	6	7	8	9	3	4	5	6	7	8	9	3	4	5	6	7	8	9
10	11	12	13	14	15	16	10	11	12	13	14	15	16	10	11	12	13	14	15	16
17	18	19	20	21	22	23	17	18	19	20	21	22	23	17	18	19	20	21	22	23
24	25	26	27	28	29	30	24	25	26	27	28	29	30	24	25	26	27	28	29	30
31	1	2	3	4	5	6	31	1	2	3	4	5	6	31	1	2	3	4	5	6